

Pizza Meat Loaf

Makes: 4 servings

Ingredients

- 1 pound** ground turkey
- 3/4 cup** spaghetti sauce
- 1/4 cup** mozzarella cheese, part-skim
- 1/2 cup** green pepper (chopped)
- 1/4 cup** onion (minced)

Directions

1. Lightly grease 9 inch pie plate with vegetable oil. Pat turkey into pie plate.
2. Cover turkey with waxed paper. Cook in microwave on high; rotate plate 1/4 turn after 3 minutes. Cook until turkey reaches an internal temperature of 160 degrees, about 5 more minutes. Drain excess liquid.
OR
 Place turkey in 350 degree oven; bake until turkey reaches an internal temperature of 160 degrees, about 30-35 minutes. Drain any excess liquid.
3. Top cooked turkey with vegetables, spaghetti sauce and cheese.
4. Return turkey to either the microwave or oven and heat until cheese is melted, about 1-2 minutes.

Source: Ohio State University Cooperative Extension, Quick and Healthy Meals Tips and Tools for Planning Meals for Your Family Cuyahoga County

Nutrition Information

Nutrients	Amount
Calories	220
Total Fat	11 g
Saturated Fat	4 g
Cholesterol	85
Sodium	320 mg
Total Carbohydrate	6 g
Dietary Fiber	1 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	25 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available